

Easy & Satisfying Snack List

Elevate your snacking game with these easy and satisfying ideas! Dive into the list below for inspiration, or let your favourites lead the way. Fuel up between meals using the nutrition-by-addition approach for ultimate satisfaction. And remember, snack time is all about enjoyment – indulge in what you love for a truly fulfilling experience!

- Toast with nut or seed butter of choice, sprinkle chia seeds and top with sliced strawberries
- Hard-boiled egg, cut-up veggies, veggie dip of choice and crackers
- Cut-up veggies, hummus and pretzels
- Banana drizzled with yogurt, nut butter, topped with chopped nuts and chocolate chips
- Deli chicken, pickle slices, crackers
- Cottage cheese with cut-up cherry tomatoes & cucumbers with crackers
- Instant oatmeal with berries and nut/seed butter on top
- Hard-boiled egg and fresh fruit
- Cheese with an apple or pear and nuts
- Toast with mashed avocado and tomato slices sprinkle with salt & pepper
- Toss popcorn with nuts, dried fruit and chocolate chips
- Flavoured canned tuna, wheat crackers and cut-up veggies
- Cheese, turkey pepperoni, whole wheat crackers, pickles, olives
- Protein bar with a piece of fruit
- Frozen waffle topped with nut butter of choice, chia seeds and mixed berries
- Pulled chicken mixed with avocado put into a wrap, on toast or served with tortilla chips
- Hummus wrap: spread the hummus on a tortilla, fill with your favourite veggies and roll it up
- Yogurt with mixed berries and granola
- Apple drizzled with nut butter, sprinkled with cinnamon and a drizzle of honey
- Your favourite ice cream with nuts, cut-up banana or other fruit
- Potato chips with cut-up veggies & a yogurt dip
- Mixed nuts, chocolate & fruit
- Graham crackers with cream cheese and fruit
- No Bake Energy Bites